DXM-[illegible]?

Recovery Kernel [illegible]

DXM · [illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible] · [illegible]

⚠ [illegible] - [illegible] | [illegible]: **112** [illegible] **14416 or 1800-89-14416** [illegible]

DXM + SSRI [illegible] MAOI = [illegible]. [illegible] [illegible].

DAYQUIL, NYQUIL, TRIPLE C [illegible] [illegible].

CYP2D6 [illegible] (DXM) [illegible].

[illegible]

Recovery Kernel Compendium [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] систематиз[illegible] [illegible].

[illegible], OTC [illegible]: '[illegible].' CYP2D6 фарма[illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible]. [illegible] OTC [illegible] [illegible] DXM [illegible]: [illegible] CYP2D6 [illegible] [illegible] DXM [illegible].

[illegible], [illegible]-Glutathione [illegible]: [illegible], [illegible] (

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CYP2D6 [illegible] [illegible]: **CYP2D6** [illegible] [illegible] [illegible], [illegible] **DXM** [illegible] [illegible] **SERT-**[illegible] [illegible] [illegible] **— DXM** [illegible] [illegible] [illegible] [illegible] **SERT-**[illegible]. [illegible] **CYP2D6** [illegible] [illegible]: **DXM +** [illegible] [illegible] **(contraindication).**

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[illegible] [illegible] / [illegible] (MAOI)	[illegible], [illegible], [illegible], [illegible], [illegible] [illegible], [illegible] [illegible].	[illegible] [illegible]. 112-[illegible]. [illegible] [illegible] (MAOI, [illegible], [illegible]). [illegible], [illegible]. [illegible] [illegible] [illegible] [illegible]. EMS [illegible]: 'DXM — — [illegible].'
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[illegible]	[illegible] (DXM) [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible]. [illegible]. [illegible] [illegible]. [illegible] (EMS) [illegible] [illegible].

Глава 1 — Механизмы взаимодействия декстрометорфана с антидепрессантами

Ко времени написания — доказательная база сформирована, клинические рекомендации, основанные на ней, сложились. Ниже изложено то, что известно.

DXM фармакологически неоднороден. Его свойства определяются не только собственной молекулой, но и тем, что организм делает с ней после приема. Ключевой фермент — CYP2D6, и именно его генетическая вариабельность — причина большинства непредсказуемых реакций. В этой главе разобраны механизмы, по которым DXM-содержащие препараты взаимодействуют с антидепрессантами, и почему одни сочетания опасны, а другие — нет.

1.1 — Какие антидепрессанты представляют риск

Антидепрессант / класс	Взаимодействие с DXM	Клинические последствия
NMDA-антагонисты (кетамин, эсketамин)	DXM блокирует CYP2D6 и сам является NMDA-антагонистом — оба механизма усиливают эффект	Усиление диссоциации, седации, риск передозировки. Сочетание не рекомендуется.
Ингибиторы МАО (фенелзин, транилципромин, селегилин, моклобемид)	DXM может вызывать серотониновый синдром; ингибиторы МАО повышают уровень серотонина	Серотониновый синдром: гипертермия, ригидность, клонус, нарушение сознания. Потенциально летальное осложнение.
СИОЗС (флуоксетин, сертралин, пароксетин, циталопрам, эсциталопрам)	Ингибируют CYP2D6, снижают метаболизм DXM	Повышение концентрации DXM, усиление седации и диссоциации. Риск серотонинового синдрома при высоких дозах.
Трициклические антидепрессанты (амитриптилин, имипрамин, кломипрамин, нортриптилин)	Ингибируют CYP2D6; сами обладают антихолинергическим действием	Усиление седации, спутанности, задержки мочи. Риск серотонинового синдрома.
Бупропион	Ингибирует CYP2D6	Повышение концентрации DXM, усиление эффектов.
Миртазапин, тразодон	Слабое влияние на CYP2D6	Клинически значимое взаимодействие маловероятно, но седация может суммироваться.

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[illegible] [illegible] (~[illegible] [illegible] 75%, [illegible] [illegible] [illegible])	DXM [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] ([illegible] NMDA [illegible]нта[illegible]) [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] — DMN [illegible] [illegible] [illegible] NMDA [illegible], [illegible] [illegible]. [illegible]-1, SERT [illegible] [illegible], [illegible] NMDA [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] ([illegible]-[illegible] [illegible] [illegible]) [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
CYP2D6 [illegible] [illegible] (~7–10% [illegible]; ~1–2% [illegible])	DXM [illegible] [illegible] [illegible] [illegible]. DXM [illegible] [illegible]. [illegible] NMDA [illegible] [illegible], DXM-[illegible] [illegible] [illegible] SERT [illegible] [illegible]-1 [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]/[illegible]-1 [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible]: [illegible] [illegible] DXM + [illegible] SSRI [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] DXM-[illegible] SERT-[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].
CYP2D6 [illegible]-[illegible] [illegible] (~1–2%)	DXM [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	DXM-[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] NMDA [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]: [illegible] CYP2D6 [illegible] [illegible]

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[illegible]	400[illegible] [illegible]	[illegible], [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible].	[illegible] NMDA [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].
[illegible] [illegible]	400–700[illegible] [illegible]	[illegible] [illegible] (dissociation), [illegible] [illegible] [illegible] (out-of-body experience), [illegible] [illegible] [illegible], [illegible] [illegible], '[illegible]-[illegible]' [illegible] '[illegible]-[illegible]' [illegible]. [illegible] [illegible] — [illegible] [illegible] [illegible].	DMN [illegible] [illegible] [illegible] [illegible]. [illegible]-1 [illegible]. [illegible], [illegible] [illegible] [illegible] — [illegible] DXM-[illegible] [illegible]- [illegible] фарма[illegible] [illegible].
[illegible] [illegible]	700–1500mg+	[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible]. [illegible] [illegible].	[illegible]; [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]. [illegible] [illegible].

1.4 — [illegible] [illegible] [illegible]: [illegible] [illegible]

[illegible] — [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible].

DXM-[illegible] [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible]	[illegible]. [illegible]-[illegible] DXM [illegible] DMN [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible]-[illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible]. [illegible]/[illegible]/NSDR [illegible] [illegible] [illegible].
[illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]	DXM-[illegible] [illegible]-1 [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] (5-HTP, [illegible]). [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (DXM) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-1 [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	ADHD [illegible] [illegible] [illegible]-[illegible] [illegible] ([illegible], [illegible], [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. ADHD [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] - [illegible] [illegible] [illegible]	DXM-[illegible] [illegible] фарма[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] (dissociative) [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible],[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible].	[illegible] 6-[illegible] [illegible] [illegible] [illegible] [illegible], NSDR, [illegible] [illegible], [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] DMN [illegible] [illegible] [illegible] [illegible] LSD [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible], [illegible] [illegible],	DXM-[illegible] OTC [illegible] [illegible] [illegible] [illegible], [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]

[illegible]	[illegible], [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible] (Reddit, [illegible]). [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible].

1.5 — [illegible] [illegible] [illegible] [illegible]

[illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] 2 — [illegible]

DXM-[illegible] фарма[illegible]. CYP2D6 [illegible] — [illegible]. [illegible].

DXM [illegible]

[illegible]	[illegible]	[illegible]	DXM [illegible]
CYP2D6	[illegible] DXM [illegible] — DXM [illegible] ([illegible] NMDA [illegible]нта[illegible])	*4/*4 [illegible] (7–10% [illegible]); *1/*1 [illegible]; [illegible]-[illegible]	DXM-[illegible] — [illegible]. OTC [illegible] CYP2D6 [illegible]. DXM-[illegible]: [illegible] (NMDA) [illegible] DXM [illegible] (sigma-1, SERT [illegible]) [illegible]. CYP2D6 [illegible] (paroxetine, fluoxetine, bupropion) [illegible]. [illegible] CYP2D6-[illegible].
SLC6A4 / 5-HTTLPR	[illegible]	[illegible]/[illegible] ([illegible] SERT [illegible])	SLC6A4 [illegible]/[illegible] SERT [illegible] — DXM-[illegible] SERT [illegible]. [illegible] ([illegible], [illegible]) [illegible]. CYP2D6 [illegible]/[illegible] DXM + [illegible]

			[illegible] [illegible].
HTR2A	5-HT2A [illegible] — [illegible]-[illegible]	[illegible]	DXM-[illegible]-1 [illegible], [illegible] NMDA [illegible] 5-HT2A [illegible]-[illegible] DMN [illegible]. HTR2A [illegible] DXM-[illegible]-[illegible]. HPPD [illegible] — [illegible] DXM [illegible] LSD-[illegible] HPPD [illegible].
COMT	[illegible], [illegible]	Val158Met (rs4680)	COMT Met/Met (Sage, [illegible]) [illegible] DXM [illegible]. [illegible] стре[illegible] Sage [illegible], [illegible] DXM-[illegible]-1, NMDA [illegible]. Sage COMT-[illegible]: NMDA норма[illegible].
MTHFR	[illegible] — [illegible]	C677T (rs1801133), A1298C (rs1801131)	MTHFR [illegible], [illegible] - [illegible] DXM [illegible]. 5-MTHF [illegible], DXM [illegible]. [illegible] DXM [illegible].
DRD4 / DAT1 ([illegible]-[illegible]	[illegible] — [illegible]	DRD4 7-[illegible] (rs1800955); DAT1 10-	ADHD-[illegible] DRD4 7-[illegible] DAT1 10-[illegible] DXM [illegible], [illegible]

[illegible]) 	[illegible]	[illegible] (rs28363170)	[illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ADHD [illegible]. DXM-[illegible] [illegible]-[illegible] [illegible] ADHD [illegible] [illegible] [illegible]. ADHD [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]

- [illegible] DXM [illegible] → [illegible] CYP2D6 [illegible] — DXM [illegible]CYP2D6 [illegible]SSRI[illegible]
- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? → [illegible]-1, SERT [illegible] NMDA [illegible] [illegible] [illegible] — [illegible] CYP2D6 [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible] [illegible]).
- DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? → CYP2D6 [illegible] [illegible] + SLC6A4 [illegible]/[illegible] + [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] DXM ([illegible] [illegible]) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? → DRD4 7-repeat + DAT1 10-repeat ADHD [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] HPPD [illegible] [illegible] [illegible]? → HTR2A [illegible] [illegible] [illegible]. [illegible] 4.4 [illegible] DXM [illegible] [illegible] HPPD [illegible] [illegible].

[illegible] 3 — [illegible]: [illegible] [illegible] [illegible]

[illegible] — [illegible], [illegible] — [illegible] [illegible]. [illegible].

DXM [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — NMDA [illegible], [illegible] [illegible] [illegible], HPPD [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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4.5 — [illegible] DXM [illegible] [illegible] HPPD [illegible]

[illegible], [illegible] [illegible] [illegible] DXM [illegible] HPPD [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] HPPD [illegible] [illegible]; DXM-[illegible] NMDA, [illegible]-1 [illegible] [illegible] HPPD [illegible] [illegible] [illegible] [illegible].

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- [illegible] [illegible]: [illegible]-[illegible] HPPD-[illegible] [illegible] [illegible] HPPD [illegible] DXM-[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible] [illegible] 4-[illegible] HPPD [illegible] [illegible] [illegible]: [illegible] [illegible] (EGCG, [illegible]-[illegible] [illegible], NAC, [illegible] [illegible], DHA), [illegible] [illegible], [illegible] [illegible], [illegible] SSRI [illegible] [illegible] ([illegible] [illegible] [illegible] [illegible]).
- [illegible] [illegible] [illegible], 4 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]. HPPD [illegible] [illegible] [illegible] ([illegible] [illegible]) [illegible] [illegible] [illegible].

4.6 — [illegible] [illegible] [illegible]

[illegible] [illegible] — [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]-37 ([illegible] [illegible] [illegible]) [illegible] [illegible] [illegible]: '[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].' [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]:

- [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] 5-MTHF [illegible] (MTHFR-[illegible] [illegible] [illegible] [illegible], SSRI [illegible] [illegible] 5-MTHF-[illegible] [illegible]). [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 6 [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible]. SSRI [illegible], [illegible] DXM [illegible] [illegible] — [illegible] [illegible].
- ADHD: [illegible] [illegible] ADHD, DXM [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] ADHD [illegible] [illegible]. [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible]-[illegible] [illegible]

([illegible], [illegible], [illegible]) [illegible].
[illegible] ADHD [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible].

- [illegible] [illegible] [illegible]: DXM-[illegible] [illegible]-1, [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] ([illegible]), [illegible], [illegible] SSRI [illegible] [illegible] (DXM [illegible] [illegible] [illegible]) [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible]: (DXM) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] EMDR, CPT [illegible] [illegible] [illegible]-специ[illegible] [illegible].

4.7 — [illegible] [illegible]

- [illegible] [illegible] (400mg [illegible], [illegible]): [illegible] [illegible], [illegible] [illegible].
- [illegible] (3-5 [illegible], [illegible] [illegible] 30 [illegible]): [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].
- [illegible]-[illegible] (200mg, [illegible]): [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] (0.5–1mg , [illegible] [illegible]): [illegible] [illegible] [illegible] [illegible] [illegible].
- 5-HTP (50mg, [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]): [illegible] [illegible] [illegible]-[illegible] [illegible].

[illegible] [illegible] Psychedelic/Dissociative [illegible] [illegible]: [illegible], [illegible], [illegible] [illegible] [illegible] (4–8 Hz); [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible]. DXM-[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].

4.8 — [illegible] [illegible]

[illegible]	DXM [illegible] [illegible] [illegible] [illegible]?	[illegible]	[illegible]
BPC-157	[illegible] [illegible] [illegible] [illegible]; [illegible], [illegible] норма[illegible]; [illegible]-[illegible] [illegible] [illegible]	[illegible] 1 [illegible] - [illegible]	[illegible]-157-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible], [illegible], [illegible]) [illegible] [illegible] [illegible] [illegible].

	[illegible]; [illegible] [illegible] [illegible] ([illegible] [illegible]-[illegible] [illegible] [illegible])		[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].
[illegible]	GABA, [illegible] [illegible] [illegible] [illegible]; [illegible]; (б) [illegible] [illegible] [illegible] (вы) [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] 1-8	[illegible] DXM [illegible] (вызывает [illegible] [illegible] [illegible] DXM-[illegible] [illegible]-1, NMDA [illegible] [illegible] [illegible] COMT [illegible]), [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible].
Semax	BDNF [illegible]; [illegible] [illegible]; [illegible] [illegible] — [illegible]-[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] BDNF-[illegible] [illegible] [illegible].	[illegible] [illegible]	DXM [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] - NMDA [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ADHD [illegible] [illegible] [illegible]. BDNF-[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible].

[illegible] 5 — [illegible] — [illegible]

[illegible] — [illegible] 10 [illegible] — OTC [illegible]

OTC [illegible] DXM [illegible] [illegible]: [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] $8 [illegible] [illegible] 10 [illegible] [illegible].

DXM [illegible]

[illegible]	[illegible] [illegible]	[illegible]
[illegible] [illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] OTC- [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]: [illegible] [illegible] & [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. 10 [illegible]: [illegible] [illegible], [illegible] [illegible] [illegible] 10 [illegible] [illegible].
[illegible] [illegible]	DXM [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] — [illegible] NMDA [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible], [illegible]	[illegible] [illegible] [illegible]: 5-MTHF, [illegible], [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

	[illegible] [illegible].	[illegible], [illegible] [illegible] [illegible] [illegible].
[illegible] — [illegible] [illegible]	DXM [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible] DXM [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] DXM [illegible].	[illegible] [illegible] [illegible]. [illegible] (DXM) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 05 [illegible] [illegible]. [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] — [illegible].
[illegible] [illegible] - [illegible] [illegible] (social anxiety)	DXM-[illegible] [illegible]-1 [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] — [illegible] [illegible] [illegible] [illegible] DXM-[illegible] [illegible] [illegible].	[illegible] 4-7-8 [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] (social anxiety). [illegible] — [illegible], [illegible], [illegible] [illegible] [illegible].
[illegible] [illegible] / [illegible] [illegible]	DXM-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].	[illegible] [illegible] 05 [illegible] [illegible] [illegible]: [illegible] DXM-[illegible] [illegible], [illegible], [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

DXM [illegible] [illegible] - 5 [illegible] [illegible] [illegible] (10 [illegible])

1. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible]. [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. 10 [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] 10 [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].
2. 4-7-8 [illegible] [illegible] - [illegible] [illegible]. [illegible] [illegible] [illegible] OTC [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

3. NAC-□□ маг□□□□□□ □□□□□□□□ (□□□□□□□□□□ □□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□□□). □ □□□□□□□□□□□□□ □□□□□□□□□□□□ NMDA, □□□□□□□□□ □□□□□□□□□□. □□□□□□□□□□ □□□ □□□□□□□□□□□ □□□□□ □□□□□; □□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□.
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Раздел 6 — Клинические рекомендации: дозирование, взаимодействия, безопасность, DXM

6.1 Дозирование — терапевтические диапазоны, титрование, NSDR-протоколы, клинические соображения — Клинические рекомендации DXM

DXM-ориентированное дозирование требует понимания нескольких взаимосвязанных переменных. Клинические рекомендации должны учитывать:

- Терапевтические диапазоны для различных показаний: различные показания (депрессия, тревожность, ПТСР — DMN дезактивация, нейропластичность, NSDR/йога нидра, когнитивное улучшение) требуют различных подходов к дозированию.
- Протоколы титрования для безопасности: титрование снижает риск побочных эффектов - тошноты, головокружения, дисфории, ощущения слабости, паники.
- Взаимодействия лекарственных препаратов: клинически значимые взаимодействия с SSRI - серотонинергическая токсичность, ингибирование CYP2D6 и CYP3A4, усиление седативных эффектов.
- ADHD клинические соображения: ADHD — уникальная клиническая популяция, требующая специальных подходов, включая потенциальное использование. Клинические соображения включают: дозирование, взаимодействия, безопасность, потенциальное злоупотребление.

Терапевтические диапазоны дозирования DXM

DXM клинический контекст	Терапевтический диапазон	Клинические соображения
Депрессия, тревожность - клинические показания,	Средние (терапевтические дозы); NSDR; когнитивное улучшение	Клинические исследования - обычно 20 миллиграмм. Клинические (терапевтические 04). NSDR: клинически 20–30 миллиграмм, клинически миллиграмм, терапевтическое клинических. Клинические

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] ([illegible]-1 + SERT)	[illegible]; [illegible] [illegible] [illegible]; [illegible]; [illegible]	[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].	DXM-[illegible] [illegible] [illegible] [illegible]-1, [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] DXM [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
[illegible] [illegible] [illegible]	[illegible] [illegible] [illegible] [illegible]; [illegible]; [illegible] [illegible] [illegible]; [illegible]	[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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DXM □□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□□□□□□□□□□□□ □□□□ □□□□□□□□□□□□□. □ □□□□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□□□□□□:

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[illegible]) [illegible] [illegible] [illegible]

[illegible] 7 — [illegible]: [illegible]

[illegible]	[illegible]	[illegible]	DXM [illegible]
[illegible] ([illegible] 0-7)	[illegible]; [illegible]; [illegible] 0	[illegible]-[illegible]; NAC [illegible]; HPPD ; [illegible]	[illegible]-[illegible]: [illegible] NAC [illegible]. [illegible] DXM [illegible]. [illegible]; [illegible].
[illegible] ([illegible] 1-14)	[illegible] 07, [illegible] 09, [illegible] 17	[illegible] ([illegible] + [illegible]), маг[illegible], 5-[illegible], [illegible], [illegible]-[illegible], [illegible]	[illegible] 1-[illegible] NAC — [illegible] (NMDA [illegible], [illegible]). [illegible] 1-[illegible] маг[illegible]. [illegible] 1-[illegible] 5-MTHF. 5-HTP: [illegible] SERT [illegible] DXM [illegible] 3–5 [illegible]. [illegible].
[illegible] ([illegible] 1-4)	CYP2D6 [illegible]; SLC6A4; COMT; MTHFR; DRD4/DAT1	CYP2D6 [illegible]; [illegible]; [illegible]; [illegible]	DXM [illegible] CYP2D6 — [illegible], [illegible]. ADHD [illegible] (DRD4, DAT1) ADHD [illegible].
[illegible] ([illegible] 2–12)	[illegible]; [illegible]; [illegible]; [illegible] 4.6	[illegible]; [illegible]; [illegible]; [illegible]	DXM-[illegible]. [illegible]. [illegible]

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[illegible] 8 — [illegible] [illegible]: [illegible] [illegible]

DXM [illegible] [illegible] [illegible] системати[illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. DXM-[illegible] MAT (Medication Assisted Treatment) [illegible]. DXM-[illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] пе[illegible] [illegible] [illegible] [illegible] [illegible] DXM [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] 13 ([illegible] [illegible]) [illegible] [illegible].

8.1 — [illegible] [illegible] [illegible] [illegible]

- [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]: AST, ALT, [illegible], GGT. [illegible] [illegible] 3 [illegible] [illegible]-[illegible]. [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible] [illegible].
- CYP2D6 [illegible]: DXM [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] CYP2D6-[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- ADHD [illegible]: ADHD [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible] ADHD [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible]: [illegible]-9, [illegible]-7 [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- HPPD [illegible]: [illegible] [illegible] 4+ [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. HPPD [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] - [illegible], [illegible] [illegible].

8.2 — [illegible]

DXM [illegible] [illegible] [illegible], [illegible] [illegible]. '[illegible] [illegible] [illegible]' [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]:

[illegible] [illegible] [illegible] [illegible] [illegible]orphan (DXM) [illegible] [illegible] — [illegible] [illegible] [X] mg [illegible], [[illegible]]. [illegible] [[illegible] [illegible]: NMDA [illegible] [illegible] / [illegible] [illegible] [illegible] / [illegible] [illegible] / [illegible] [illegible]] [illegible] [illegible]. [illegible] [illegible]-[illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] фарма[illegible] [illegible] [illegible] CYP2D6 [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible]-[illegible] ADHD/[illegible]/[illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] — [illegible] [illegible] [illegible] [illegible]

- DXM [illegible]: [illegible] DXM [illegible] [illegible] (18+) [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. CVS [illegible] DXM [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] — [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- DXM [illegible] [illegible]: Erowid-[illegible] DXM [illegible] (erowid.org/chemicals/dxm) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] DXM FAQ [illegible].
- SAMHSA's Treatment Locator (findtreatment.gov): while DXM is rarely listed as a primary substance, substance use disorder treatment for comorbid depression, ADHD, and anxiety is appropriately addressed through the standard treatment locator.
- [illegible]: 1-800-852-8336 ([illegible]) — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
- [illegible]: 741741 [illegible] HOME [illegible]

[illegible]

[illegible] — [illegible]

DXM [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible]—[illegible] [illegible], [illegible] [illegible] ADHD-[illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible]-37 [illegible] [illegible]: [illegible] [illegible] [illegible]. [illegible] [illegible] DXM [illegible], [illegible] [illegible] [illegible]. [illegible] NMDA [illegible], [illegible] [illegible]-1 [illegible], [illegible] [illegible] [illegible] — [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible].

DXM [illegible] OTC [illegible] [illegible] [illegible]. [illegible] $8 [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible]. [illegible] MTHFR-[illegible] [illegible] [illegible] SSRI-[illegible] [illegible] 5-MTHF [illegible]. ADHD [illegible] DXM [illegible] [illegible]-1 [illegible] фарма[illegible] [illegible] [illegible] قال[illegible], [illegible] DXM [illegible] [illegible]. NMDA [illegible].

[illegible] [illegible] [illegible]: [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

DXM [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

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DXM □□□ □□□□□□□: erowid.org/chemicals/dxm | □□□ □□□: 1-800-852-8336 | □□□□□□□□□
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Crisis: call or text 988 | Emergency: 911 | SAMHSA: 1-800-662-4357

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Recovery Kernel □□□□□□□□□□ DXM-□ □□□□□□ □□□□□□ □□□□□□□ | □□□□□□□□ □□□□□□□□ □□□□□□□□ □□□□□□